



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

Strawberry Banana Smoothie ♦

A refreshing and healthy smoothie made with fresh strawberries and bananas. Perfect for breakfast or as a snack.

Recipe Type: Standard

Prep Time: 5 mins

Cook Time: N/A

Total Time: 5 mins

Recipe Yield: 500 grams

Number of Servings: 2

Serving Size: 250 g

Ingredients

250 g	Strawberries
250 g	Bananas
1 c	ice cubes
250 ml	milk
2 tbsp	honey

Directions

Step 1

Cut

Wash and hull the strawberries. Peel and slice the bananas.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Blender

In a blender, combine the strawberries, bananas, ice cubes, milk, and honey. Blend until smooth.

Prep Time: 0 mins

Cook Time: 0 mins

Step 3

Serving

Pour the smoothie into glasses and serve immediately.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 120 kcal

Fat: 1 g

Protein: 1 g

Carbohydrates: 29 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	1 g	5.88%	5.88%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	29 g	52.73%	58%
Fibers	3 g	7.89%	12%
Sugars	21 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	0 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	1 g	3.57%	4%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	2 iu	0.22%	0.29%
Vitamin C	80 mg	88.89%	106.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	20 mg	0.87%	0.87%
Calcium	4 mg	0.4%	0.4%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	2 mg	25%	11.11%
Potassium	380 mg	11.18%	14.62%
Zinc	2 mg	18.18%	25%
Selenium	0 mcg	0%	0%

Recipe Attributes

Seasonality

Summer Fall

Events

Christmas Easter Thanksgiving Birthday Wedding Halloween
 Valentine's Day Mother's Day Father's Day New Year Anniversary
 Baby Shower Bridal Shower Graduation Back to School Barbecue Picnic
 Game Day

Meal Type

Breakfast Brunch Snack Supper

Difficulty Level

Easy

Visit our website: healthdor.com